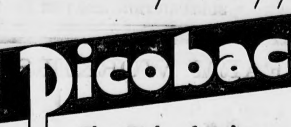


It Does taste good in a pipe



The Pick of Tobacco

Britain And The Future

A GREAT DEAL IS BEING SAID and written just now about the future. Everyone is aware that we are living in swiftly changing times and that conditions will never again be as they were before 1939. There are definite signs pointing to some of the developments which will come with the return of peace. It is clear that social security is to be an important factor in the post-war economy, and it is also clear that events of the past few years have permanently altered former systems of international communication. These are only some of the changes which we know are imminent. There are other aspects of the post-war picture which are not so clear, and about which there is considerable speculation. While there is no doubt as to the outcome of the war or the battle fronts, the political results are not so clear-cut and there are many points in this connection concerning which there are few definite conclusions.

Peak Of Glory Believed Past

One subject, about which many like to speculate, is the future of the British Empire. This interest is apparent among numerous writers and commentators in other countries, as well as among the British people themselves. In certain quarters, the opinion has been expressed, from time to time, that the British Empire has passed the peak of its glory, and that it will emerge from the present conflict as a "second class" power. In support of this argument, it has been pointed out that Russia, with a population of 200,000,000 people, and vast natural resources, appears to be just at the beginning of a period of great expansion, politically and industrially. There is also the United States, with 135,000,000 people, and likewise possessed of great natural wealth. The population of Britain is somewhat over 44,000,000, and in comparison to Russia and the United States, her natural resources are limited, as are her potentialities for increased industrial expansion.

Some Facts To Be Remembered

Europe, it should not be forgotten that the Empire has stood alone in the critical period following the fall of France, and that had their courage and determination wavered then, the whole future of civilization would be quite different to what it is today. The people of the Empire have stood firmly together in this war, and have added much to an already proud fighting tradition in all the services. For her part Britain has started a program for the improvement of social and economic conditions throughout the colonies, and has declared her intention of extending Dominion status to India at an early date. In science, invention and the arts the British people have shown that they are second to none, and British statesmen give for generations given the highest forms of wise and courageous leadership. Consideration of these, and kindred facts, leaves no room for thought that Britain's future will be less glorious than her past.

Farm Workers

Will Be Needed In The Winter For Essential Work

This Autumn and Winter, Canadian farmers are expected to help in the processing of products they themselves had a hand in producing during the summer months.

A Department of Labour spokesman made this statement recently commenting on the N.R.S. campaign to secure more than 100,000 men for work in essential Canadian industries.

Meat packing, feed and flour milling are but two of the industries on the look out for men from the farms during the off-season. The largest group of farmers is being asked to work in the woods, cutting sawlogs, pulpwood and engaging in other forest operations. "Sixty thousand men will be needed for this wartime job alone," said the spokesman.

In Quebec and Ontario recruiting of men for woods operations commenced on October 1. In Manitoba, Saskatchewan, Alberta and British Columbia, men will not be asked to leave their farms until threshing is nearly completed.

In Nova Scotia, Prince Edward Island and New Brunswick as soon as the potatoes and apple crops are harvested, efforts will be made to recruit workers.

"The Minister of Labour announced the other day that last winter 100,000 men from Canadian farmers answered their country's call," this spokesman pointed out. "This year as many or more willing workers are urgently needed." He continued "Wherever the war in industry may take 100,000 or more workers will be needed by Canadian industries."

HARD TO LEARN

After reading of the advances across Europe, we have a sinking suspicion that the family history is going to have a rough time of it after the war, says the Christian Science Monitor. It's going to take some time for the fellows to learn that automobiles are intended to be used on roads.

England was the birthplace of shorthand.

Price Control And Rationing Information

Q.—Can I rent a gun for hunting and secure ammunition for it?

A.—No. Permits to buy small game ammunition for hunting are available only to registered gun owners whose registration certificates are dated before August 15, 1944. It is too late now to get a permit as they will be secured before September 30.

Q.—Would you kindly list the contents of ration book 2 so that I can check over my book to make sure everything is in order?

A.—In your new ration book there will be one sheet of pink sugar coupons; one sheet of preserves coupons, goldenrod in color; two sheets of mauve butter coupons; two sheets of buff "M" coupons; one sheet of lemon-colored "C" coupons; one sheet of blue "R" coupons; one sheet of green "E" coupons; and one card marked RB-one ninety-one. If there is any error at all, mail or take your book right away to the Local Ration Board.

Q.—Will there be any extra sugar allowed for the making of cakes and cookies for organizations sending parcels overseas for Christmas?

A.—No. Extra allowances of sugar are not made for such occasions.

Q.—Is there a ceiling price on a used bicycle?

A.—Yes, used bicycles have a ceiling price. If you are purchasing or offering for sale, you must mark the price on your nearest Wartime Prices and Trade Board office and full particulars will be given you.

Q.—I bought a car about six months ago. I now want to turn it in for another one as a "second car." Could you tell me what papers I must make out to a sale of this kind?

A.—If you sell a used car within six months ago you will not be eligible for another one until January 1945.

Please send your questions or your request for the pamphlet "Don't Surrender Now or to the Enemy" (the book in which you keep track of the selling prices) to the editor of this paper, under the name of this paper to the nearest Wartime Prices and Trade Board office in your province.

Increase Tire Life

Development Of The New Heat-Tempered All-Plastic Tire

Development of the first "heat-tempered" all-plastic tire—a step that eventually may greatly increase tire life—was announced by W. H. Funtun, President of the Firestone Tire and Rubber Company of Canada Limited.

The development is considered of major importance because the tire is designed to whip the new one of long wear—hardly a new one being laboratory tested at the Akron, Ohio plant. Whether the all-plastic tire ultimately will compete with its rubber colleague will not be known until the company completes the current laboratory examination and the grueling road tests to which the new tire will be subjected.

Experts agree that heat causes most tire failures and that great mileage could be rolled up if the problem of heat could be solved. The new tire, which is being developed, is designed to achieve this goal. Firestone engineers built the all-plastic tire cooler than today's tires and to withstand twice the heat a natural rubber tire develops at high speeds.

This was done by thermosetting, or "heat-tempering," the plastic which went into the 8.00-16 passenger car tire. The "tempering" was achieved by adding certain materials to the plastic and applying heat.

The Firestone all-plastic tire, which looks so much like a rubber tire that only an expert could tell the difference, does not crack or check in the sunlight and, unlike rubber tires, it is not subject to rot or oil.

How soon all-plastic tires, if they live up to expectations, will be available for civilian use is uncertain because all tire manufacturing facilities now are devoted to building military and essential civilian tires.

SUBS HAVE AIR MAST

A Berlin broadcast asserted a new U-boat technical development was being made in the form of inflatable submarines to remain under the surface 20 to 30 days or longer. The mast permits the submarine to receive fresh air while submerged, Berlin said.

Utah formerly was spelled Yuta, Youta, Zuta, and Yaw.

THE SOLDIER'S PAL

THE SOLDIER'S PAL

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Rescued Red Devils

One who planned to die in the Flying Crosses And Distinguished Flying Medal

A number of Canadians serving in the R.C.A.F. overseas have been honored in the latest list of awards released by Air Force headquarters. These fliers, serving in various capacities, have been rewarded for their coolness and determination in the face of trying circumstances.

Squadron Leader L. G. Neilly, of Ontario, has been cited for his fine display of leadership in directing a search resulting in the rescue of 17 passengers of a plane forced down on the sea.

Flying Officer J. Wagman, of Regina, Sask., was returning from a mission when his fuel tanks were holed by anti-aircraft fire and he was forced to bring his aircraft down on the sea 40 miles from the English coast. In spite of adverse conditions and lack of landing lights he skillfully avoided a catastrophe.

Distinguished Flying Cross Squadron Leader L. G. Neilly, son of Mr. L. A. Neilly, Gifford, Ontario. Flying Officer A. L. Butler, son of Mr. F. C. Butler, Vancouver, B.C. Flying Officer R. C. Penrose, son of Mrs. A. M. Penrose, Vancouver, B.C.

Flying Officer H. H. Simpson, whose wife, Mrs. A. I. Simpson, resides at North Battleford, Saskatchewan. Flying Officer J. F. Tees, son of Margaret Tees, Moose Jaw, Man.

Flying Officer J. Wagman, son of Mr. W. Wagman, Regina, Sask. Distinguished Flying Medal Flight Sergeant F. J. Gray, son of Mrs. H. J. Gray, Red Deer, Alta.

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Usually Accurate

Maa in Jackson, Michigan, Predicts 1945 Will Be Dry

Abraham Streiff, consulting engineer with the Fargo Engineering Co., of Jackson, lays no claim to being a weather prophet, but he is able to tell public utility companies which depends on river levels for power production what the future prospects for rainfall are.

Streiff is predicting that 1945 will be a dry year and that 1946 will be even drier. He is dry in fact, as were the years 1925 and 1931.

Streiff arrives at his predictions by studying sun spots. He has been charting rainfall compared with sun spots for 25 years and says it is a pretty exact science. The sun spots are the cause of the weather, says Streiff.

The sunspot record, Streiff says, goes back to 1818, and the precipitation chart rises and falls according to the record of the spots. He says the sunspots appear in cycles. They are first seen in the upper latitudes on Old Sol's face, and as they gain in number they move toward the equator, they move there for a time, then gradually disappear.

In 1929, Streiff prepared a 20-year chart of sunspot frequencies and the accompanying rainfall. He is now charting rainfall compared with sun spots for 25 years and says it is a pretty exact science.

Canadian Fighter Pilots

How A Damaged Mosquito Plane Got Safely Back To Home Base

More than 500 miles from England two Dominion fighter pilots, an Australian squadron leader and a Canadian flying officer, and goodbye to each other on their radio telephones over Northern Germany one evening.

After the flight, the Canadian Mosquito had been damaged by the debris of a German aircraft which he had shot up. The pilot said he could not get back and so he and his observer would have to abandon their aircraft.

The Australian, Squadron Leader Charlie Scherf, D.F.C., of Glen Innes, New South Wales, with W. Stewart, of Toronto, as his observer, flew back to England, shooting up enemy aircraft on the way and reported at base what happened.

Half an hour went by. Then a Mosquito, with one engine out of action, was sighted. It made a safe landing—out stepped the Canadian pilot, P.O. Johnnie Calk, D.F.C., of Edmonton, and his observer P.O. Earl Boal, of Regina, Sask.

Their Mosquito had brought them all the way back from the Baltic with only the two engines stopped.

Ship Cattle By Plane

Utah Cattle

One job given to Australian airmen in India was that of flying cattle into Burma. The first step involved camouflage. White animals were painted with permanganate and turned into brunettes. They were then walked into the planes and thrown and tied. Later they were lashed into bamboo stalls. The airmen also flew in mules and ponies, but these were less troublesome than the cattle.

IT ALL APENDS

The British Don wants to know "How can defeat state an enemy in the face when he is retreating?" A good deal depends on whether he's running away or backing up.

Old Linlands, Bucks, England, has only two houses and 12 inhabitants.

R.C.A.F. Awards

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SMILE AWHILE

Darling, how can I leave you?

"Dear, plain, please or taxi."

Hubbard: "Come back for something you've forgotten, as usual!"

Wife (brightly): "I've come back for something I've remembered."

Waiter—"Will it be tea or coffee, sir?"

Guest—"I'm not better. But what else is running?"

Ho—No woman ever takes another woman's advice about frocks.

Friend: "You don't say, for I see the enemy how to win the war."

Alf—My wife always gets historical when I stay out late at night.

Ralph—Hysterical, you mean. Alf—"No historical. She digs up all my past."

Pupil—Teacher, may I ask you a question?

Teacher—Surely. What is it?

Pupil—Do we ever load up by railroads "ships" while we call those sent by ships "cargoes"?

Mistress—Did you enjoy your day at the seaside, Mary?

Mary—No, I didn't. Most of the picture houses were full so we had to wander around the beach and watch the ships all day.

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HERE'S MY FEED PROBLEM

My dairy feeds seem to be costing more than they should.

HERE'S THE ANSWER

You may be overfeeding some of your cows. Keep a written chart of milk production and switch to "Miracle" Dairy Feeds. Tests show that "Miracle" Dairy Feeds cut feed costs about 20% and increase milk production as high as 25%.

ASK FOR "MIRACLE" FEEDS

War On Cancer

More Money Should Be Spent On Research Work

During the first days of the November election, the National Cancer Institute announced that it had received an average of 800 soldiers killed a day. But as Dr. Harlow Shapley, distinguished American scientist, pointed out in a recent speech during the same invasion cancer killed 400 Americans a day.

Yet Dr. Shapley rightly claims that his nation spends less than \$2 in the war against cancer for every \$1,000,000 spent on military war.

The United States is a progressive and enlightened nation and is doing more about medical research than most others. But still it is not nearly enough and in Canada, for that matter. The large public health programs planned by Canada for the post-war period should provide plenty of money for research, which alone promises to free men from now incurable diseases—Vancouver Sun.

SQUARE DEAL

I believe that every man is entitled to earn a living, to fair wages, to reasonable hours of work and proper working conditions, to a decent home, to the opportunity to play, to reasonable hours of work and well as toll, and that the responsibility rests as heavily upon industry as upon government or society, to see that these conditions and opportunities prevail.—John D. Rockefeller Jr., to Chamber of Commerce, Dec. 5, 1918.

THROAT SORE?

For common ordinary sore throat

JUST RUB ON

WARD'S

THROAT LINIMENT

FOR THE MODERN KITCHEN

Appelford

PRESTO PACK

WAXED TISSUE

Appelford PAPER PRODUCTS

MINNEAPOLIS - LIMITED

WINDSOR - REGINA - SASKATOON - CALGARY - EDMONTON

FOR COLIC, COLDS, BRONCHITIS

MATHIAS'S SYRUP

STILL THE FAVORITE

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"YOUR BREAD IS TOPS!"**"MY YEAST IS TOPS!"****ROW YEAST CAKES****ENSURES EASY BAKING—MAKES LUSCIOUS, SWEET-TASTING, EVEN-TEXTURED LOAVES****WRAPPED AIRTIGHT TO PROTECT POTENCY—ALWAYS DEPENDABLE!****Operational Flight****Two Polish Pilots Had Interesting Experience**

Proof of the excellence of British workmanship was given by two Polish pilots recently. On the same operational flight the two pilots were badly damaged but they went on to the target, bombing it and bringing their damaged aircraft home.

Running into a stream of flak shells which burst so close that the crew could hear the detonations above the roar of the engine, a Polish pilot and his navigator suddenly felt their Mosquito quiver. There was a great explosion and the aircraft banked on to the starboard wing. Getting it back to level flight and out of the flying shells cost a considerable effort, and the crew found themselves well inside France. Taking stock, the pilot found that a great strain on the steering wheel was necessary to keep the aircraft flying level. The instrument told him that the motors were in order, but the navigator examining the airframe reported a large hole in the port wing. They decided to carry on and bomb the target which they eventually found, and attacked from a very shallow dive, as the pilot being unaware of the exact extent of the damage did not want to dive too steeply in case the wing came off.

They increased France at low level and made a normal landing at the first base they saw in England.

MUCH MORE FUN

Successful Farming magazine suggests that if you send just one box to your servicemen that you include several small, individually wrapped packages inside the larger one. Five small packages are more fun than 'nut one'.

ACTS 2 WAYS TO RELIEVE MISERIES OF BRONCHITIS

Now get real relief from coughs, sore throats and congestion of the chest—this double-action of Vicks VapoRub—penetrates deep into bronchial tubes with soothing menthol vapors. Stimulates throat and bronchial action—breaks down a warning of relief.

To get all the benefits of this combined PENETRATING-STIMULATING action, just rub Vicks VapoRub and bask with Vicks VapoRub at bedtime. Instantly VapoRub goes to work—2 ways at once as shown above—to ease bronchitis, loosen congestion, relieve muscular aches, and restful, comforting sleep. Often by morning most of the misery is gone. Get relief from bronchitis distress tonight with this double-action, time-tested Vicks VapoRub. —Try it!

OUR COMPLETE SHORT STORY—**"DESTINY"**

—By—

JANET DORAN

McClure Newspaper Syndicate

She would not amount to much, Linwood Haven decided, when the Belknap brood settled on the old Kullen farm, and John Belknap began building chicken coops all over the run-down place. Lucy was the best of nine, but she looked about the middle one, with those big brown eyes and that lumpy mop of rust-red hair. She was so skinny and underbred, so eager and passionately earnest in everything she said and did.

It was Lucy who had the perfect attendance mark in Sunday School each year, though the fake road was a sea of mud and slush from November to April. It was Lucy who got the rest of the small Belknaps into clean clothes made from factory remnants, and marched them daily to the little red schoolhouse in the Haven. Lucy believed in things.

And later, when the chicken venture had proved a failure, and the Linwood National was ready to foreclose if they didn't have a payment, plus interest, Lucy got a job after-school making runs of the Kingdome children and turned her small salary over to the bank.

Through her remaining three years in school, she earned money at anything from cleaning paint and doing up curtains to cooking a complete dinner.

She spent little on herself. But her mother always had a good coat and good shoes, and the boys all went to school.

By that time John Belknap was in the ice business, which, surprisingly, he not pay, and once more the two elder boys and Lucy cleared up the mortgage while their father dreamed up a fresh scheme to get rich quick. A new road was going through that year, and Belknap decided it would have to go past his farm to the river. So he built a five-tourist cabin, and settled down to await the rush of business.

The road went over Winona Mountain and the tourist bubble became a punctured dream. It was Lucy's graduating year. She was valedictorian, and her theme was "A Place For Yourself in Your World." It made front-page headlines in the Linwood Evening Sentinel.

The city editor of the Sentinel offered Miss Belknap a job on the paper at fifteen dollars a week, with a chance to work up, and the Melody Music Shop telephoned to offer her a job at twelve. Lucy declined both offers.

The ice business was busy falling, and she had married in Home Economics, a subject that would get a business girl nowhere, as anyone in Linwood Haven could testify. It was a place for herself in her world, for boys who wanted to learn machine work, and girls who had matrimony on their minds.

"I don't want to be a teacher," Lucy declared. "I like to cook!"

"Bah! Food Shoppe, probably; a dresser like her father."

"No food shop ever paid its way in this town," Lucy argued. "This is an industrial centre, and people buy bakery products, not home cooking."

That same month the Linwood Trust wanted a payment, or else Lucy stuck her savings deep down in one pocket and boarded a train for Hartford. She landed a job with the Tri-State Utilities Company as a stenographer, and soon had deluged the office makers sampling a long sheet of flaky baking-powder biscuit she had baked.

"When I bake biscuits like these on one of your electric ranges," Lucy said, "medicore cooks will believe we can do the best in the city."

She sent the vice president of the company around the corner to buy maple syrup to offset the biscuit, and he bought her making an apple pie.

That night she telephoned her father to come. "I've a small apartment, Mother," Lucy said. "I want you to stay with me a while and rest up. Don't go back home until Father gets a job and quits the visionary nonsense, Mother," she advised earnestly. "You've gone without all your life, to further his wild schemes. Now let him see they're silly."

The bank took back the farm, as everyone had always known. They would. And of his nine children, the one John chose to live with was Lucy. "Nothing doing," Lucy told her

father. "I'll look after Mother; you make the others take care of you."

"Man later," John Belknap accused her. And the bluish that betrayed the freckles beneath her smooth make-up was all the answer she gave.

And not one of us would tell her. Not when we attended the Lucy Belknap Cooking School and learned how to make her heavenly lemon meringue pie, her feathery Parker House rolls, or baked ham supreme. Because the man who came along to help her in the sales of kitchen equipment was none other than Brad Hart, whose father was top man in Tri-State. Brad had gone to Linwood High School.

It was because Lucy had loved Brad for years that she'd had to leave her career. Had to be somebody. It was her idea of the best way to match so much money—and so much worth. Together, she and Brad would wield their careers into the solid foundation on which they'd built a successful marriage. Lucy had always known this to be her destiny.

Volunteer Workers**W.V.S. in Britain On Duty Day**

"Britain will never forget the work of its W.V.S. volunteers," said the directors of the Canadian Women's Voluntary Service, National War Services, Ottawa, recently.

"W.V.S. women drove vans day and night, sometimes taking people from shelters from homes as well as the flames were already licking," said the directors. "And later in the great blitz the 'Housewife Service' organized the hundred and one small errands that are so large a part of work after an air raid."

"After the raid," was an elastic term to these British volunteers. W.V.S. women might have to get up at four in the morning for food and to come from their own peaceful towns as reinforcing parties and be at the Centre before the 'All Clear' sounded."

And in conclusion the directors pointed out that "like all other civil defenses during these dark days of the Britain, the women of the W.V.S. had their own homes bombed and their relatives killed, but they kept on working."

Child's Jumper Suit

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League of Canada presents **TOPICS OF VITAL INTEREST**

SASKATCHEWAN HEALTH SURVEY

The insecurity inherent in the geography and economy of Saskatchewan "makes it the more urgent to establish a system of socialized medical services on a provincial scale," it is stated in the report recently released by the government-appointed Saskatchewan Health Services Board. "Thus any plan formulated for the future would have to give primary consideration to the development of rural medical services."

If recommendations contained in the report are adopted, it appears that the Saskatchewan government's election promise "to set up a complete system of socialized health services with special emphasis on preventative medicine," will be headed towards fruition.

The commission was headed by Dr. Henry E. Sigrist, professor of history of medicine at Johns Hopkins University, Baltimore, Md. Its report said the history of the last two decades revealed a marked trend towards the socialization of essential medical services. And, in a section dealing with rural health services, the report said the establishment of Saskatchewan's municipal doctor system 25 years ago had brought medical care to thousands of farmers who otherwise would not have had any medical attention. The system had saved the cost of time and money, and maintained and developed, but with certain defects—such as lack of uniformity—remained.

However, the report added that most municipal doctors are underpaid and over-burdened with work. As a result, the report said, the system attracts and engages in private practice in order to make a decent living. There also was the temptation to practise surgery without being fully prepared for it.

Remedies suggested included the centralization of Rural Health Centres served from Rural Health Centres, and a system of minimum salaries for municipal doctors, such salaries to be increased with years of service.

Under such a system the member of a farm family who became sick would seek advice at the Rural Health Centre where he would receive examination and treatment and would be hospitalized if necessary. Patients requiring major surgery or specialized treatment would be referred to the nearest District Hospital where treatment, not available at the centres, would be obtainable. Rare cases presenting difficulties in diagnosis or requiring neurosurgery, chest surgery or similar highly specialized treatments would be referred to larger centres in the larger cities.

Hopeless Cause**Nazi Planes Drop Bees on Potato**

Colorado beetles dropped on Britain's potato fields by Nazi planes, constitute merely a further evidence of the desperation of our enemies, and a spectacular than the robot bombs but none the less reliable. It is also an indication to believe, of course, that enough of the pests could be scattered to do serious damage, particularly when Germany's ability to send over planes is strictly limited. This new scheme of sabotage distinctly resembles the clucking of a drowning man at a straw. We should be thankful for this further proof that the Hun is now convinced his cause is hopeless—Winndor Star.

Heavy Casualties**Ancient City of Bath Had 19,000 Buildings Destroyed**

The ancient city of Bath suffered 1,272 casualties and 19,000 of its buildings were destroyed by German bombers in three nights from April 27, 1942. British authorities compiling bomb damage data announced.

The assaults were termed "Bader" raids by officials, saying the Germans had made a studied effort to wipe out England's famous cities listed in the guide-books by Karl Baedeker.

"Leopards are the most dangerous beasts in India."

Buy Victory Bonds

TEA

Guard Against Fire**An Ever Present Hazard Around Farm Buildings**

Every day hundreds of farm buildings in Canada and the United States are destroyed by a single enemy—fire.

In many instances, according to authorities these fires could be avoided. This year with farmers working overtime to produce food for the United Nations, farm production should not be impeded even by the smallest fire.

Fire authorities say that all rubbish about the house and the other farm buildings, especially inflammable material, should be cleared away. Smoke pipes should be checked and cleaned out if they've become sooty. The kitchen stove should be in a good substantial base where there is little chance of fire. Electric wiring in the house and barns should be properly installed and checked regularly. Worn wiring constitutes a very real fire hazard.

To guard fires caused by electrical storms, lightning rods should be installed. By the same token, all wire fences enclosing yards, pastures should be grounded to protect livestock from lightning.

Despite all these precautions, fires sometimes start, and when they do, quick action is essential. Fire authorities suggest that water or sandpails and chemical extinguishers are a good investment. These, of course, should be checked from time to time to make certain that they are in good working order.

LIVESTOCK INCREASE

The Dominion Bureau of Statistics said a new high record of numbers of cattle on farms was established at June 1, with the total of 10,346,000 head representing an increase of seven per cent. over June 1, 1943.

FEW TRAIN ACCIDENTS

Only one train accident on British railways last year involved fatalities to passengers; four people were killed.

Serve Muffins On Your Breakfast Table

Looking for something very special for your Fall breakfast table?

Here's the perfect combination—All-Bran, apples and spices all rolled up into a delicious hot muffin! And what's more, these extra good Spicy Apple Bran Muffins will give you plenty of vitamins, minerals, and energy to launch your day.

Make them a "must" for tomorrow's breakfast and just watch them disappear!

SPICY APPLE BRAN MUFFINS

- | | |
|--------------------------|----------------------------|
| 3 tablespoons shortening | 1 cup sifted flour |
| 1/2 cup sugar | 2 teaspoons baking powder |
| 1 egg | 1 teaspoon salt |
| 1/2 cup All-Bran | 1 teaspoon cinnamon |
| 1/2 cup milk | 1 teaspoon nutmeg |
| 1 tablespoon sugar | 1/2 cup chopped raw apples |
| 1 teaspoon nutmeg | 1/2 teaspoon cinnamon |

Blend shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk. But four minutes. Add flour, cinnamon, nutmeg, stir dry ingredients and chopped apple into mixture; stirring up to form a thick batter. Fill greased muffin pans two-thirds full, sprinkle with mixture of sugar, cinnamon and nutmeg. Bake in moderately hot oven (425 degrees F.) about 20 minutes. Makes nine muffins (2 1/2 inches in diameter).

MACDONALD'S

Canada's Standard Smoke



Sealed Tenders addressed as to the undersigned and endorsed "Tender for Detachment Building, High River, Alberta," will be received until 3 p.m. (E.D.S.T.), Tuesday, October 24, 1944, for the construction of a Detachment Building for Royal Canadian Mounted Police at High River, Alberta.

Plans and specification can be seen and forms of tender obtained at the offices of the Chief Architect, Department of Public Works, Ottawa, the District Resident Architect, Public Building, Calgary, Alberta; the District Resident Architect, Edmonton, Alberta, and the District Resident Architect, High River, Alberta.

Tenders will not be considered unless made on the forms supplied by the Department and in accordance with the conditions set forth therein.

Each tender must be accompanied by a certified cheque on a chartered bank in Canada, payable to the order of the Honourable the Minister of Public Works, equal to 10 per cent of the amount of the tender, or Banker Bonds of the Dominion of Canada or of the Canadian National Railway Company and its constituent companies, unconditionally guaranteed as to principal and interest by the Dominion of Canada, or the aforementioned bonds and certified cheques. If required to make up an odd amount.

NOTE—The Department, through

THE OTTAWA LETTER

BY JIM GREENBLAT

More than a month has elapsed since the United Nations Relief and Rehabilitation Administration known as "UNRRA," met in Montreal. During the 10 day conference plans were clarified for extending aid to the war victims of Europe and the Far East. From now on you'll be hearing more about UNRRA for the keynote of that conference was action.

UNRRA is international. Members of 44 Allied and Associated Nations met less than a year ago at Atlantic City N.J., to establish this humanitarian project. It is designed only to operate in the post war period—but the scope of its emergency functions

—the Chief Architect's office, and the office of the District Resident Architect at Calgary, Alberta, will supply blueprints and specification of the work on deposit of a sum of \$15.00 in the form of a certified bank cheque payable to the order of the Minister of Public Works. The cheque will be released on return of the blueprints and specification, within a month from the date of receipt of tenders. If not returned within that period the cheque will be forfeited.

By order,
J.M. SOMERVILLE, Secretary,
Department of Public Works,
Ottawa, October, 14, 1944.

are great:

For the starving and homeless; to furnish welfare services for children, nursing and expectant mothers; to prevent the spread of epidemics; to restore to their homelands displaced persons (people who through race, religion or activities on behalf of the Allies have been moved from their own countries); to help the liberated nations re-establish their own voluntary and governmental services—these are but some of the tasks UNRRA has assumed.

Sounds fine—but how's it financed? Well, such uninvited member nations has pledged itself to contribute one percent of its gross national income to UNRRA. Canada's contribution is \$77,000,000. Of this amount 10 percent is paid in cash for administrative expenses and the other 90 percent in supplies and services. Already UNRRA has placed large orders for Canadian woolen garments, soap, fish, farm machinery, wheat—and now, as the practical work of relief is at hand, further orders will be received. Footwear, food, medical supplies, timber, motor-cycles, trucks, tools—the wheels of our Canadian industry will be kept busy!

Where it is possible the liberated countries will pay in part or in

whole for the help they receive—but whether the country can pay or not, whether it has its own resources and skilled people, UNRRA's assistance will do much to hasten rehabilitation.

Financial support and supplies are not the only demand that UNRRA makes on the Canadian people. Men and women of outstanding organizing ability and high qualifications are required for the administrative staff in Washington and for service overseas.

Recruiting of Canadian personnel for UNRRA is done through the offices of the Civil Service Commission, with one exception of appointments to medical personnel which are made by the head office in Washington working through the medical associations. If you live in the east or west and would like to become associated with the UNRRA organization, you can send an application to your district Civil Service Commission office.

At the moment UNRRA is looking for 100 to 125 Canadians, mainly for the overseas service. They want men and women, with university or professional training, ranging in age from 30 to 45 years; people with professional experience in welfare work, in the administration of camps

transportation and warehousing officers, rehabilitation specialists in industry and agriculture, and a few in fact a very few very competent secretaries. There is no call for clerical staff. The staff now being organized will form the skeleton of the organization for—as UNRRA commences operating in the liberated territories—supplementary staff will be obtained from the nationals of the country. Therefore, languages while an asset, are not a necessity since language requirements will largely be taken care of by those nationals who will swell the ranks of the UNRRA staff.

Since UNRRA will operate only in its transitory period it is not expected that the term of employment will be longer than two years. The salaries offered are considered quite adequate for the type of service desired, and while on field service overseas the employee will be paid a living and quarters allowance designed to cover the cost of extra living abroad. Provision is also made for medical care and for illness and accident insurance. There is a retirement fund, and the individual may purchase group insurance at a low rate.

Canada has already discharged her financial obligation to UNRRA—the supplies asked for are being provided—but there is still need of services of these specially qualified men and women. On them, and their associates will fall the responsibility for the success of this, the greatest venture in mutual aid and service to mankind the world has yet seen.

Bring or send the news to this office. We are always glad to have our subscribers send in or bring us news. If each one of list of readers would give us an item each week what a grand local paper we would have! Send in anything but politics and we shall be thankful.

The faults of our friends reconcile us to the virtues of our enemies.

NOTICE OF IMPOUNDMENT

The following animals are impounded in the Blackfoot Reserve Pound, five miles south of Gleichen and unless previously claimed will be sold at Public Auction at 3 p.m. November 1st, 1944:
Hereford bull. No brand. Ear tag

No. U 87655.

Black cow. White face, black rings round eyes; no horns, ear marked with under-slope on left ear; three years old, with calf at foot, about 3 months old. (Looks like Aberdeen Angus stock.)

CLASSIFIED ADS



Money in Economy

Consider What You Can Do to Help the War Effort by Saving Money. Write to the War Relocation Authority, 1000 Bank of America Building, New York, N.Y. for more information.

Notice under this heading 18 words or under 50¢ first insertion and 25¢ each subsequent insertion. 3 weeks \$1.00. Over 15 words one cent per word for each insertion.

1940 FORD DELUXE SEDAN—Low mileage, very good tires, is our Chevrolet prize. No proceeds for parcels for Canada's fighting men, and comforts for prisoners of war. Tickets, 3 for a dollar, or get 3 free for selling a book. Write: Women's Institute, Rocky Mountain House, Alberta. Registered Under War Charities Act.

FOR SALE—Sedan Marquette '36, Engine 2262211. Running order. \$215 cash. Write teacher Kneibell School, Torrington.

SHEEP ON SHARES—500 head of ewes and lambs to put on stubble and finish fattening if necessary. Must have plenty of water and suitable shelter. Terms on application. W. L. & L. Co., Duchesne, P. O. Box 2, Phone R206.

Your Victory Loan Salesman Has This Letter

IT ENABLES YOU TO BUY VICTORY BONDS THROUGH YOUR BANK ON CONVENIENT DEFERRED PAYMENTS



● You say you want to do all you can to help Canada's war effort. Then you will keep on buying Victory Bonds. You will buy all you can.

You recognize the obligation that we, at home, owe to our men overseas. You know that stocks of munitions which our fighting men need are being depleted and must be replaced. You know that more munitions must go forward—and you will buy Victory Bonds to help pay for them.

You would like to be able to buy more bonds, you say. Well here is how you can do it. You can buy more bonds with money as you get it. Any bank will loan you the

money to do this and the interest you will pay the cost of the bank loan. All you have to do is to sign the letter shown here—which you can get from your Victory Loan Salesman. You make a first payment of \$10.00 or more when you apply for the bonds, and pay the balance at any time over a period of six months.

You will be doing an important war job when you do this. You will be helping our country and backing up her fighting men. You will get another reward, too, that will benefit yourself. You will have money, later on, when the war has been won—to do things you plan to do—money to improve your farm and your home.

FARMERS! WILL YOU HELP THIS WINTER?

If you are not required on the farm this winter you should take other work.

Extra winter workers are needed for woods operations—logging and pulpwood and fuel cutting—base metal mines, coal mines, meat packing and cold storage, grain handling, railway track maintenance, iron foundries and other high priority occupations, varying with the area.

Please offer your services to:

The nearest Employment and Selective Service Office; or
The nearest Provincial Agricultural Representative; or
Your Local Farm Production Committee.

A good response to this appeal is important to Canada's welfare—please act immediately.

Postponement of Military Training continues while in approved essential work off the farm.

NATIONAL SELECTIVE SERVICE

DEPARTMENT OF LABOUR

HUMPHREY MITCHELL A. MacNAMARA

Minister of Labour Director, National Selective Service

This advertisement is issued by the Dominion Department of Labour in aid of the Dominion Provincial Farm Labor Program.

Invest in Victory

Buy VICTORY BONDS

National War Finance Committee